

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 31

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st December 2024



www.hmhb2016.org.uk



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**Our monthly health packs now contain a massive 40 pages.
To help you get through it, here is a list of contents for you. Something for everyone.
We want to encourage you, inspire you, and motivate you. :-)**

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“Ask yourself about the kind of life you want: What would you do day to day, and with whom, and where? Consider the life you have. Do one thing today, however small, to close the gap between the two.” Dame Maggie Smith

Welcome to Issue 31 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

From April 2020 to March 2021, through the Pandemic, HMHB was providing weekly health packs, all 50 of which can be found in PDF form on our website, with content details: www.hmhb2016.org.uk.

We then went monthly for 7 issues.

This is our new venture for 2022/2023/2024. A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress, and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

For these packs to happen, there are so many people to thank. That includes Islington Council who print some copies to post to those who have no internet, our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom have been HMHB supporters since inception.

We also like to thank Islington Giving, the Cripplegate Foundation, and the National Lottery, all of whom have funded our health packs in the past, and continue to do so.

Lastly, we thank you, our readers, who have given us such incredible feedback. Yay!!!



The front page pic of the group in the gym does not show the wonderful work they actually do. Here is evidence!!!

HMHB has delivered across Islington and beyond.

HMHB get referrals from the NHS and other local projects.

Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

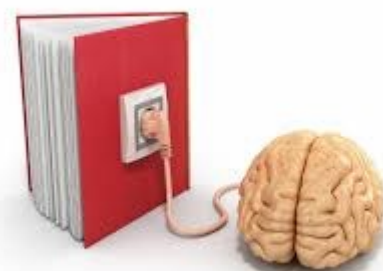
HEALTH NEWS AND RESEARCH PAGE

How do we recognise “Words”?

University of Iowa researchers have defined how people recognise words. In a new study with people who use cochlear implants to hear, the researchers identified three main approaches that people with or without hearing impairment use to recognise words, an essential building block for understanding spoken language. Which approach depends on the person, regardless of hearing aptitude or ability: Some wait a bit before identifying a word, while others may tussle between two or more words before deciding which word has been heard.

When a person hears a word, the brain briefly considers hundreds, if not thousands, of options and rules out most of them in less than a second. When someone hears "Hawkeyes," for example, the brain might briefly consider "hot dogs," "hawk," "hockey," and other similar-sounding words before settling on the target word.

While the brain operates quickly and differences in word-recognition strategies may be subtle, the findings in this study are important because they could open new ways for hearing specialists to identify word-recognition difficulties in early childhood or in older adults (who tend to lose hearing) and more effectively manage those conditions.



"With this study, we found people don't all work the same way, even at the level of how they recognise a single word," says Bob McMurray, F. Wendell Miller Professor in the Department of Psychological and Brain Sciences and the study's corresponding author. "People seem to adopt their own unique solutions to the challenge of recognising words. There's not one way to be a language user. That's kind of wild when you think about it."

McMurray has been studying word recognition in children and in older adults for three decades. His research has shown differences in how people across all ages recognise spoken language. But those differences tended to be so slight that it made it difficult to precisely categorise. So, McMurray and his research team turned to people who use cochlear implants - devices used by the profoundly deaf or severely hard-of-hearing that bypass the normal pathways by which people hear, using electrodes to deliver sound.

The research team enlisted 101 participants from the Iowa Cochlear Implant Clinical Research Centre at University of Iowa Health Care Medical Centre. The participants listened through loudspeakers as a word was spoken, then selected among four images on a computer screen the one that matched the word they had heard. The hearing and selection activities were recorded with eye-tracking technology, which allowed the researchers to follow, in a fraction of a second, how and when each participant decided on a word they had heard.

"Now that we've identified the dimensions with our cochlear implant population, we can look at people without hearing impairment, and we see that the exact same dimensions apply," McMurray says. "What we see very clearly with how cochlear implant users recognize words is also going on under the hood in lots of people."

The researchers now hope to apply the findings to develop strategies that may help people who are at the extreme ends of a particular word-recognition dimension. About 15% of adults have hearing loss, which could cascade into cognitive decline, fewer social interactions, and greater isolation.

HEALTH NEWS AND RESEARCH PAGE: Omega 3 & 6 may protect against some Cancers

In addition to lowering your cholesterol, keeping your brain healthy and improving mental health, new research from the University of Georgia suggests omega-3 and omega-6 fatty acids may help ward off a variety of cancers.

The study relied on data from more than 250,000 people and found that higher levels of omega-3 and omega-6 fatty acids were associated with a lower risk of developing cancer.

"Higher omega-3 and omega-6 levels were associated with lower rates of cancer," said Yuchen Zhang, lead author of the study and a doctoral student in UGA's College of Public Health. "These findings suggest that the average person should focus on getting more of these fatty acids in their diets."

Participants with higher levels of omega-3s had lower rates of colon, stomach and lung cancer, in addition to lower rates of other digestive tract cancers.

High omega-6 levels led to lower rates of fourteen different cancers, including brain, malignant melanoma, bladder and more.

Healthy fats reduce risk of developing 19 types of cancer

The study relied on data from a United Kingdom-based study of over 250,000 people who were followed for more than a decade. Of those participants, almost 30,000 developed some form of cancer during the study period.

Some earlier research drew connections between levels of fatty acids and risk of developing cancer. However, no studies could conclusively determine whether omega-3 and omega-6 fatty acids reduced cancer rates or increased the likelihood of surviving a cancer diagnosis. Importantly, the benefits of high levels of fatty acids were not dependent on other risk factors like BMI, alcohol use or physical activity.

Fish oil supplements come with a variety of health benefits

Known as "healthy fats," omega-3 and omega-6 fatty acids are essential for human health. They're present in fatty fish, nuts and even some plant oils such as canola oil. But most people probably aren't eating enough of these foods to reach the recommended amounts. That's why many individuals turn to fish oil supplements. They're one of the most popular dietary pills on the market and for good reason. Previous studies suggest omega-3 supplements can reduce the risk of developing high cholesterol and lower the risk of heart disease.

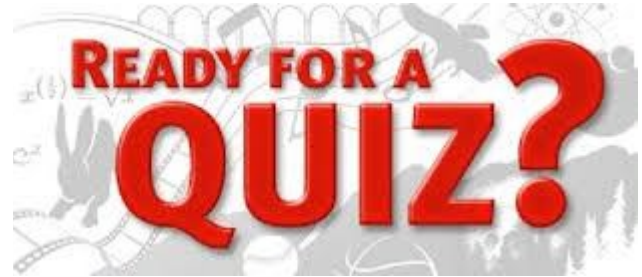
But the decision to take the popular fish oil pills isn't one-size-fits-all. In the present study, for example, the researchers found that high omega-3 levels could be associated with a slightly higher risk of prostate cancer. "For women, it's an easy decision: Eat more omega-3," said Kaixiong Ye, corresponding author of the study and an associate professor in UGA's Franklin College of Arts and Sciences. The researchers also saw a stronger beneficial effect of omega-6 in younger participants, particularly women.



Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 39 this week (no peeking)

Places: According to Wikipedia, by size of population, what are the top twenty cities in Italy?

There are the obvious ones, but how many of the more obscure can you get?



Places: Name the US State Capital from the letters, plus the State it is in.

1. EGMMNOORTY
2. CEIKLLORTT
3. AACEMNORST
4. HLLNOOUU
5. AEHILLNSV
6. BCLMOSSU
7. AABLNY
8. AAEFNST
9. AACEIKLLSTTY
10. CDHIMNOR
11. AAAEEHLLSST
12. AILMOPY
13. CDEEIONPRV

Literature: In which book were these characters first introduced, and what year was the book published?

1. Winston Smith
2. Fagin
3. Charlie Bucket
4. Ralph & Piggy
5. James Bond
6. Martin Brody
7. Miss Havisham
8. The Morlocks
9. Jean Valjean
10. Elizabeth Bennett
11. Professor Umbridge
12. John Hammond
13. Miss Marple
14. Vito Corleone
15. The Good Witch of the North
16. George Smiley
17. Hannibal Lecter

Pop: Who originally sang these songs with a girl's name in the title, plus year released.

1. Mustang Sally
2. Jolene
3. Billy Jean
4. Sweet Caroline
5. Lucy In The Sky With Diamonds
6. Proud Mary
7. Roxanne
8. Peggy Sue
9. Come On Eileen
10. Maggie May
11. Bette Davis Eyes
12. Wake Up Little Susie
13. Dirty Diana
14. Valerie



The World:

There are fifty European Countries, but only twenty-seven of them are in the European Union. How many of these can you name?

Try and answer all before you look at the answers. Test yourself. Take your time.

HMHB Activity: Photos and Events from November 2024



Wow: Our five were so lucky as we took part in a Sadlers Wells Community Engagement event. We travelled on the Overground to Hackney Wick and walked in the Olympic Park to the Here East building. There we joined the rest of the group as we were taken to see a rehearsal of a new dance show which will open at the new Sadlers Wells Stratford in February. We did not just watch. We actually got to not only mingle with the cast, but actually do a little bit of dancing alongside them too. It was totally fab!!! Massive thanks to the choreographer and dancers, and also to Sadlers for putting smiles on our faces.

It was an exciting month for HMHB as we had our first ever visit to the Royal Opera House, Covent Garden.

I have to say the seats were not ideal. We knew they were restricted view, but had not realised just how restricted, and we lost three of the group - understandably - at the first interval. But the rest of us sat it out to see the ballet Alice's Adventures In Wonderland. The costumes, music, and the venue were all extraordinary, and the dancing superb.



Portrait of Sir John Soane (1753-1837) - Sir Thomas Lawrence as ...

Our group - well, I say group, but it ended up just myself and Ros - (these things happen) - had a fascinating look around the Sir John Soane's Museum, on Lincoln Fields, near Holborn. The 18th/19th century man was known as one of Britain's greatest and most innovative architects, which include the Bank Of England. It is actually three houses which he bought, demolished, and rebuilt, where he lived, worked, and created a museum for his collections.

Lazza was joined by Georg and Jazz for an afternoon at the Google Offices in Kings Square, just up from Kings Cross Station on a Thursday afternoon. We were there for a Community event around AI - Artificial Intelligence - and how it can benefit entrepreneurs and businesses overall. A fascinating look at the subject, and there are definitely ways it can help HMHB.



**HMHB Activity:
Photos and Events from August and September 2024**



Thanks to our Justin for our Clissold Park photo. Every Thursday we walk, and alternate between visiting the local Second Chance Café and stopping off in the park with our own nibbles.

I guess it will be getting a bit colder now and wetter, but it is always lovely to meet up with the group and enjoy a good chinwag whilst getting out into nature. We also walk in Highbury Fields on a Wednesday and Finsbury Park on a Monday and would love people to join us.

Our second trip to the Royal Opera House meant different seats - slightly better view, but not great. It mattered not as we saw four short contemporary ballets, all slightly different to each other. More modern music, and super choreography. The last one in particular was very clever. We have two more visits planned for next year but sadly probably won't be back as, although the ticket prices are okay, the view is not so good.



Our group opposite had a dancing experience joining the Claremont Project at the Sadlers Community Engagement Event where we learned some new moves.

I love the fact there is something different every week, and it is wonderful to chat and meet with other users from a large variety of local community projects. It's always a lot of fun, and as always we have to thank Sadlers Wells for giving us these opportunities.



Twelve of us travelled on the Overground together to the Richmond Theatre. We were very lucky to see the show Murder On The Orient Express. It was a great production with clever staging and terrific acting, and I was one of the few to know the story and who did the killing. It's a famous Agatha Christie and we all had a great evening. I feel very blessed.



HMHB Activity: Photos and Events from August and September 2024

Our inspiring exercisers at the Highbury Leisure Centre, part of Better Gyms. Always push themselves, and we have a lot of fun every Tuesday morning. We have people in their 20s to their 90s, and they always amaze me with their energy.



Jazz was in charge for us as our group headed to St Luke's Community Centre for a special Sadlers Wells Community Engagement event to take part in a Singing workshop. They reported back they had a lot of fun learning various techniques, and to be honest its more about enjoying themselves together.

If you want a good night out, at reasonable prices, then pop along to the Pleasance Comedy Theatre, Islington. We saw an original and funny show called Sorry (I broke your Arms and Legs), with the brilliant James Akka's terrific portrayal of a 12 year old with a huge number of issues. Our group had a great laugh. Check out the show and venue if you can.



We have been lucky to have such a variety of Sadlers Community Engagement events this month, and here our group attended a super Bollywood dance session. We are hiding behind veils (not very well!), but it really was a lot of fun, and there must have been 30 of us enjoying the afternoon. Thx so much Sadlers Wells.



Would love to see some newbies at our Thursday online quiz next year. We had our last quiz of 2024 last night (21st Nov) which is unique, fun, and deliberately developed so that anyone can win, as it is mostly guessing and making things up. I really enjoy creating the questions, which is a terrific learning tool for me too. Do give us a go.



NUTRITION: Lazza's Kitchen Adventure

Salmon/Potato Bake with Beans and Tomatoes

Lazza has been trying out new recipes for over four years
His first from scratch: Salmon/Potato Bake with Beans and Tomatoes

The green bean (*Phaseolus vulgaris*) originated in Central and South America, where there is evidence that it has been cultivated in Mexico and Peru for thousands of years. Raw green beans are 90% water, 7% Carbohydrates, 2% Protein, and contain negligible Fat (table). They are a moderate source of Vitamin C, Vitamin K, Vitamin B6, and Manganese, while other Micronutrients are in low supply.



Rapeseed or Sunflower Oil
 Baby New Potatoes (I used three tins)
 4 Salmon Fillets: Garlic Granules: Powdered Onion
 Frozen Peas: Plum Tomatoes
 Green Beans
 Crème Fraiche: English Mustard
 Lemon Juice
 Parsley: Basil

- ◆ I chopped the new potatoes into halves - I used tinned, but can use fresh.
- ◆ In a casserole dish I placed the oil and put it into an oven at 220C to heat.
- ◆ Once hot, I put the potatoes in and sprinkled over some powdered garlic and powdered onion to taste. Then it's back into oven to roast for 15 mins.
- ◆ Meanwhile, in a glass bowl put the green beans and cover with boiling water and put aside.
- ◆ In another bowl, add around 5-6 tablespoon of the crème fraiche, a teaspoon of English mustard, and some lemon juice. Also add some parsley and basil, season with salt and pepper, and mix it together. Put aside.
- ◆ Once potatoes are tender, take out oven and add the halved plum tomatoes, the green beans, and frozen peas, then lay the salmon fillets on top.
- ◆ Put back in the oven for around 10-12 minutes until the Salmon is cooked.
- ◆ Spoon into a bowl for four servings.
- ◆ Spread some of the crème fraiche topping over the Salmon.
- ◆ Serve. It really tasted terrific.



I have always enjoyed a dish of Salmon.
 Adding Garlic and Onion to the Potatoes makes a lovely taste and texture.
 You choose the amount of Lemon Juice and herbs, and the mustard always give a sharp taste.
 Delicious.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, dish to prepare.

MIND-SET:

How can I maintain my Focus and Concentration? 1

Concentration means control of attention. It is the ability to focus the mind on one subject, object, or thought, and at the same time *exclude* from the mind every other unrelated thought, idea, feeling, and sensation.

That last part is the tricky part for most of us. To concentrate is to exclude, or not pay attention to, every other unrelated thought, idea, feeling, or sensation. To not pay attention to the numbers, beeps, and other indicators that we have a new message, a new update, a new “like,” a new follower!

Our daily routine is dominated by switching in and out of our mobile phones and computers. We get a constant influx of messages from WhatsApp, email, Twitter, Facebook, Instagram, Text, and the half-dozen other apps that are somehow critical to our lives

- be that working or private. We constantly search for information to help solve our daily problems or get our work done.



Frequent distractions affect productivity, both with homelife and worklife. It takes longer to finish a task. We don't listen as well. We don't comprehend things as well, whether with our partner or with colleagues or friends and family, and end up in misunderstanding, misinterpretation, and conflict. It affects memory. We forget things or can't recall information promptly which affects our personal life and professional image.

Some days it seems like our concentration is under attack from all sides. In fact, concentration is affected by both internal and external or environmental factors. If you want to learn how to improve focus and memory, it helps to understand what's getting in the way now.

Distraction. We are bombarded by a constant flow of information, whether new or old, during the process of doing something. Researchers have found that our brains are so primed for this distraction that just seeing our smartphone impairs our ability to concentrate. We constantly assess whether the information is useful, sufficient, or meaningless. The sheer quantity coming in muddles our assessment of whether we actually need more information to make decisions.

Insufficient sleep. Scientists have found that lack of sleep can lead to lower alertness, slower thought processes, and reduced concentration. You will have more difficulty focusing your attention and may become confused. As a result, your ability to perform tasks, especially relating to reasoning or logic can be seriously affected. Chronically poor sleep further affects your concentration and memory.

Insufficient physical activity: Have you ever noticed how vigorous exercise leaves you feeling more relaxed and energetic throughout the day? When you don't do physical activity, your muscles can become tense. You may feel tightness in your neck, shoulder, and chest and such persistent, low-level discomfort can affect your concentration.

MIND-SET:

How can I maintain my Focus and Concentration? 2

Eating habits. What we eat contributes to how we feel, including our mental sharpness and clarity, throughout the day. If we don't fuel our brains with the proper nutrients (something we constantly look at in these health packs) we start to experience symptoms like memory loss, fatigue, and lack of concentration. Low-fat diets can ruin focus because the brain needs certain essential fatty acids. Other restrictive diets may negatively affect concentration by not providing the nutrients the brain needs or by creating hunger, cravings, or feelings of unwellness in the body that are themselves distracting.



Environment. Depending on what you are doing, the environment can affect your focus. Obviously, a noise level that is too loud is a problem, but many people also have difficulty concentrating when it is too quiet. It isn't just the overall noise level but the type of noise that matters: the high-energy, anonymous hum of a coffee shop might bring focus while the overheard conversation of two co-workers derails it. A favourite song quickly has you singing along, happily distracted, while less distinct instrumentals might keep you attuned to the task. Lighting that is too bright or too dim can affect your vision. A room that is too hot or too cold creates discomfort.

If you frequently can't focus your thoughts and are experiencing ongoing concentration difficulties, it may indicate a different cause. Depending on the cause, you may have to temporarily accept that your concentration is low and learn a few tricks to reduce the impact or accept the dips as they come. If you need help with concentration and think your difficulties go beyond the list above, consult with a professional. Possible broader conditions include:

Cognitive. Your concentration may decrease if you find yourself forgetting things easily. Your memory sometimes fails you, you misplace articles, and have difficulty remembering things that occurred a short time ago. Another way your concentration may be cognitively impaired is if you find that your mind is overactive constantly thinking of multiple things due to concerns or important events. When thoughts and issues intrude in your mind, demanding attention, it prevents effective concentration.

Psychological. When you are depressed and feeling down, it is difficult to focus. Similarly, when you are recovering from the loss of a loved one during bereavement or are experiencing anxiety, you may have difficulty focusing on a single task.

Medical. Medical conditions like diabetes, hormonal imbalances, and low red blood cell count can affect our concentration. Some medication also makes you drowsy or bleary and severely impair concentration.

Lifestyle. Fatigue, hunger, and dehydration can derail concentration. Lifestyles that involve too many missed meals, rich foods, or excessive alcohol consumption can challenge our memory and ability to concentrate and focus.

EXERCISE/FITNESS: STRETCHING

Five Flexibility Stretches for you to try (self.com)

In simple terms, “stretching” is when we deliberately flex or stretch a specific muscle in order to improve the muscle’s elasticity. The result is a feeling of increased muscle control, flexibility, and range of motion.

It is also used to improve function in daily activities by increasing range of motion.

When we stretch it helps work out any stiffness or tightness in our muscles and joints caused by spending an extended amount of time in a single position. In the long term, this helps maintain a wide range of mobility and flexibility. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight.

Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

That puts you at risk of joint pain, strains, and muscle damage.

Let’s just do a few stretches. Daily stretching is really good for you, as detailed above.

It is not just about warming up before an exercise session, or warming down after completing one.

Stretches are something we all need to do every day to stay supple, flexible, and healthy.

Check out our other monthly packs for other stretches. Some stretches we show are repeats. But that’s cool.

LUNGE WITH SPINAL TWIST

Start by standing with your feet together.

Take a big step forward with your left foot so that you are in a staggered stance.

Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground so you feel a stretch at the front of your right thigh.

Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling.

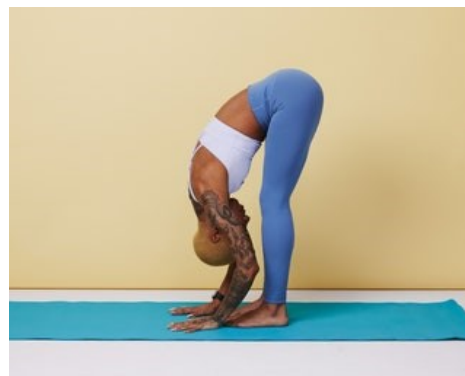
Hold for at least 30 seconds. Repeat on the other side.



When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.

FORWARD FOLD

Stand with your feet hip-width apart, knees slightly bent, and arms by your sides. Exhale as you fold forward from the hips and bring your head towards the floor. Tuck your chin under, relax your shoulders. Keep your knees straight but with a gentle bend so that they are not locked out. This will help protect your back. Touch the floor with your fingertips. You can also wrap your arms around your legs if that feels comfortable to you. Hold for at least 30 seconds. Don’t forget to breathe. Bend your knees and roll up slowly, starting with the lower back and stacking one vertebra at a time, to return to standing.



If you have any personal health concerns re stretching, always check with a medical professional before starting.

EXERCISE/FITNESS:

Five Flexibility Stretches for you to try (self.com)

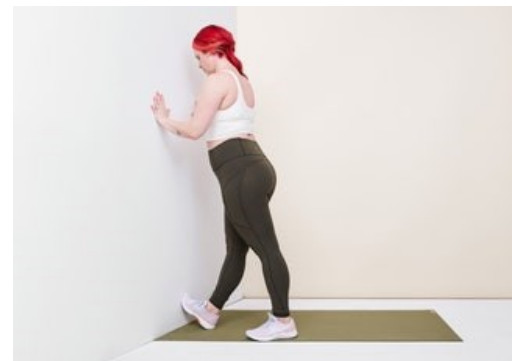
PIRIFORMIS STRETCH

Sit on the floor with both legs extended in front of you. Cross your right leg over your left and place your right foot flat on the floor. Place your right hand on the floor behind your body. Place your left hand on your right quad or your left elbow on your right knee (as shown) and press your right leg to the left as you twist your torso to the right. Hold for at least 30 seconds. If the spinal rotation bothers your back, take it out and simply use your left hand to pull your right quad in and to the left. The piriformis muscle is a deep internal hip rotator located on the outside of your bum.



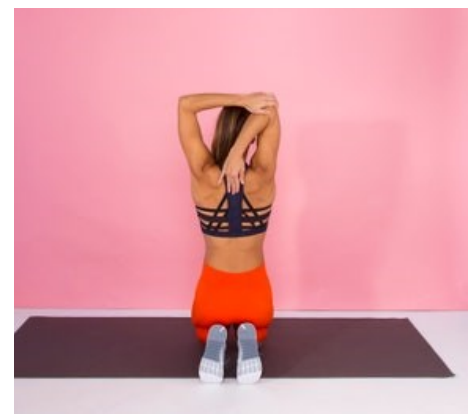
WALL CALF STRETCH

Stand with a wall in front of you in a staggered stance—one foot close to the wall and one about a foot back. Place your palms on the wall for support. Bring your front foot close to the wall, putting your heel on the floor and toes up against the wall. Put your weight into your front foot so you can feel the stretch along the lower part of your front leg. (To intensify the stretch, you can rise up on the toes of your back foot and bring your chest closer to the wall.) Hold for at least 30 seconds, then switch sides and repeat.



TRICEPS STRETCH

Kneel, sit, or stand tall with feet hip-width apart and arms extended overhead. Bend your right elbow and reach your right hand to touch the top-middle of your back. Reach your left hand overhead and grasp just below your right elbow. Gently pull your right elbow down and toward your head. Hold for at least 30 seconds. Switch arms and repeat. This loosens up the muscles on the back of your upper arms, plus your neck and shoulders.



**As long as you're not overdoing it,
the more regularly you stretch, the better it is for your body.
It's better to stretch for a short time every day or almost every day
instead of stretching for a longer time a few times per week.
Being flexible and having full joint mobility can have several beneficial implications on
quality of life, including reducing day-to-day pain and increasing vascular health.**

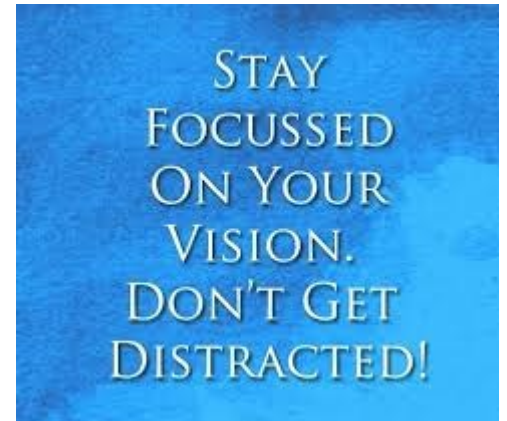
MIND-SET:

Tricks to improve Concentration

Eliminate Distractions

How can we focus better if we are always bombarded with information? Make a practice to block time in your diary to do a specific task or activity. During this time, request that you be left alone or go to a place where others are unlikely to disturb you: a library, a coffee shop, a private room.

Close social media and other apps, silence notifications, and keep your phone hidden from sight in a bag or a different room (I know how hard this can be for some people). We researchers found that cognitive capacity was significantly better when the phone was out of sight, not just turned off. Your primary focus is to complete what you need to do. Shutting off both internal and external disturbances can help you to concentrate.



This is why I head to my “office” most days - the White Swan Wetherspoons by Highbury Corner. Apart from the fact coffee is £1.56 with free refills all day (I now have two cups and then go on to water), it allows me to just sit down and do work without the many distractions from home. It also helps to stop me nibbling and snacking, a good thing whilst losing weight. Yes, it is nice when people pop in and I can have a chat, but most people know I am working and don't stay long. In fact I am sitting in there at this moment typing this sentence.

Don't Multitask

Attempting to perform multiple activities at the same time makes us feel productive. It's also a recipe for lower focus, poor concentration, and lower productivity. And lower productivity can lead to various issues.

Examples of multitasking include listening to a podcast while responding to an email or talking to someone over the phone while watching something on the television. Such multitasking not only hampers your ability to focus but compromises your work/life quality. Focus on one thing at a time. Pour your energy into that.

Be honest, how often will you have the television on and then be checking your phone. You then look up and wonder where in the programme you are as you have missed something. I know I do that. I am consciously putting my phone down now when I watch football or a film. I hate it when I am in the cinema or theatre and someone in front of me decides they need to check their mobile. But then I do it at home!!!

Try Mindfulness

Meditating or practising mindfulness activities has been shown to strengthen well-being and mental fitness, as well as improve focus. During the meditation process, our brain becomes calmer and our whole body becomes more relaxed. We focus on our breath during the process so that we will not be distracted by our minds. With practice, we can learn to use our breath to bring our attention back to a particular task so that it can be done well even if we get interrupted.

You do not have to spend a long time. Even five minutes can make a difference. It can definitely help to remove any build up of stress or anxiety that can feel overwhelming on occasions.

MIND-SET:

More Tricks to improve Concentration

Focus On The Moment

This is quite a tough one, but you can do this.

It might feel counterintuitive when you feel unable to concentrate, but remember that you choose where you focus. It's tough to concentrate when your mind is always in the past and worrying about the future. While it isn't easy, make an effort to let go of past events. Acknowledge the impact, what you felt, and what you learned from it, then let it go. Similarly, acknowledge your concerns about the future, consider how you are experiencing that anxiety in your body, then choose to let it go. We want to train our mental resources to focus on the details of what matters at the moment. Our minds go in the direction we choose to focus.



Listen, I know personally how hard some of that is. When I emerged from my depressions it was partly down to the fact I realised the closure I wanted, from the pain and hurt I had experienced, I was never going to get, but I still needed to let the past go and live my life. Similarly, I was worried that things in the future could never be good. What I needed to do was work on what I was doing at that time, with a plan of how to reach my goals.

Take Breaks

This also might seem counterintuitive, but when you focus on something for a long time, your focus may begin to die down. You may feel more and more difficulty devoting your attention to the task.

Taking very small breaks by refocusing your attention elsewhere can dramatically improve mental concentration after that. The next time you are working on a project, take a break when you begin to feel stuck. Move around, talk to someone, or even switch to a different type of task. Possibly go out and relax with friends. You will come back with a more focused mind to keep your performance high.

Connect With Nature

We have talked often in these packs about the benefits of getting outdoors. The medical profession call it Vitamin N - for nature. Many reported studies have shown that time in nature — as long as people feel safe — is an antidote for stress: It can lower blood pressure and stress hormone levels, reduce nervous system arousal, enhance immune system function, increase self-esteem, reduce anxiety, and improve mood. All of these are recipes for better focus, concentration, and well-being.

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort.

HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

NUTRITION: Lazza's Kitchen Adventure

Apple/Pear and Olive Oil Cake

Lazza has been trying out new recipes for over four years
His first from scratch: Apple/Pear and Olive Oil Cake

Pears were cultivated in China as early as 2000 BC. An article on Pear tree cultivation in Spain is brought down in "Ibn al-'Awwam's" 12th-century agricultural work, "*Book on Agriculture*". The pear was also cultivated by the Romans, who ate the fruits raw or cooked, just like apples.

Pliny's "Natural History" recommended stewing them with Honey and noted three dozen varieties.



2 Bramley Apples : 3 Pears
180ml Olive Oil
200g Plain Flour
200g Ground Almonds
200g Caster Sugar
2 teaspoon Baking Powder
Mixed Spice, Ginger, Cinnamon
Lemon Juice
Brown Sugar

Pour the oil and sugar into a bowl and whisk for a couple of minutes.

Chop up the apples in small pieces and stew them in a saucepan or in the microwave before you can mash them into an apple sauce texture. Put aside.

Fold in the plain flour and almonds and baking powder into the oil/sugar mix.

It will be like a crumble texture.

Add the liquid apples now and stir up into a gorgeous batter. Add the spices as you feel to taste - I like the mixed spice and ginger especially.

At the bottom of the cake tin, put the chopped up pears, and sprinkle over some brown sugar and lemon juice. Then pour in the batter and flatten.

Cook at 200C for 25 minutes then cover with foil and place back for another 25

minutes. Check with skewer. Take out. Leave to cool. Then turn upside down to have pear on top.



This was our own unique version of this cake. I added the pear topping (upside down) as we failed to put into the cake. Most recipes called for Apple Sauce but I preferred making our own with real apples. I also added more spice than most other recipes. Tasted divine.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.

Why not try out some new recipes and foods yourself?

More on HMHB recipe pages: www.hmhb2016.org.uk

This was a great, and very tasty, bake to prepare.

HMHB's funny quiz page:
It's mostly guessing, but play with friends: Answers Page 37

Since summer 2021, HMHB has been hosting an online quiz on Thursday evenings.
 We started it as a way of bringing people together, having a laugh, and not taking things seriously.
 It is important that anyone can win, so we make it funny, but no knowledge is required.

All Answers are at the base of Page 37 - don't look till you have done the whole page!!

ROUND ONE: Multiple Choice

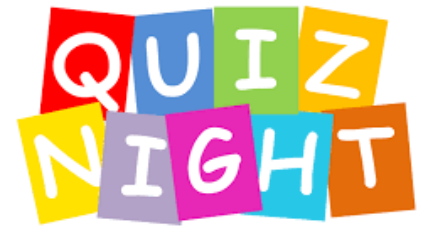
Only TWO of the choices are correct: which two are they?

- | | | |
|----------------------|----------------------|--------------------------|
| They border Ethiopia | Indian Ocean Islands | Suburbs Sydney Australia |
| Kenya | Danger | Barangaroo |
| Sudan | Devil's | Bennelong |
| Uganda | Flores | Parramatta |
| Zaire | Mafia | Turandurey |

ROUND TWO: Give Me a Number

Every answer to the question is a number. Can you get close?

- How many Burger Kings operate in the UK?
- According to medical records, in inches, how tall was Michael Jackson?
- In hours, what is the record for crossing USA by foot?
- What is the maximum number of Orient Express passengers?
- How high, in feet, is the Great Pyramid of Giza?



ROUND THREE: When Did That Happen

You have to guess the year all the events below occurred:

- When did the London Palladium open to the public?
- When was Abraham Lincoln assassinated?
- When did Gary Lineker score his first England goal?
- When did Louis Armstrong release his single "What A Wonderful World"?
- When did "The Muppet Show" first appear on television?

ROUND FOUR: What specifically links these things?

Faltskog: Canoe: Spirit: Butterfly: Gary Burghoff: Lewis Hamilton's vehicle.

ROUND FIVE: Which is it: Which of the answers is correct?

- | | |
|----------------------------------|--|
| 1. Most FA Cup Final Appearances | Aston Villa: Newcastle United: Tottenham Hotspur |
| 2. Longest River | Congo: Mekong: Volga |
| 3. Most Golds at 2024 Olympics | Australia: Great Britain: Japan |
| 4. Born First | Bette Midler: John Hurt: Keith Richards |

ROUND SIX: These are Capital Cities of which European countries?

1. Minsk
2. Zagreb
3. Bratislava
4. Vilnius
5. Tirana



NUTRITION:

Some Tips to Make your Diet Healthier - 1

There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

HMHB are not qualified nutritionists or dieticians. We just pass on information for a healthy lifestyle. If you have any concerns around your diet, do speak to a recognised medical professional who will be delighted to assist.

Limit sugary cereals

I remember growing up when we were actually encouraged to put sugar on our cereal in the mornings. Then along came Frosties with Tony the Tiger telling us how great they were, and Ricles being the sugar version of Rice Krispies. Nowadays, there is a whole load of sugar, chocolate, caramel cereals. But they are not the healthiest option at all.

Many people eat far more than the daily recommended limit for added sugars, which can contribute to increased risk of several chronic diseases. Breakfast cereals made with refined grains and sugars have a high glycaemic index, which can cause a sharp spike in your post-breakfast blood sugar levels. On the other hand, choosing a high-fiber breakfast cereal made with whole grains and has little to no added sugars can help promote better blood sugar control.



Almost all breakfast cereals are marketed as healthy, but many may not actually be ideal for optimal health. The best idea is to read past any purported health claims and look at the nutrition facts label and ingredients list to make an informed decision on your breakfast cereal choice. While cereals packed with added sugars aren't ideal for health, they may still be a good source of iron, folate and other B vitamins as most refined breakfast cereals are fortified with these nutrients.

Do note, breakfast cereals tend to be crunchy and tasty, and it can be very easy to eat more than the specified serving size. Keep in mind that the nutrition information provided on the packaging is per “serving”, and often times this serving may be a lot smaller than what you may think a reasonable serving size is.

Change Crisps for Nuts

On average UK kids snack on over 1.4bn bags of crisps a year. In the process they consume a whopping 657 tonnes of salt. Nuts would seem to be a wiser alternative. Ironically enough, the Census wide study of 1,000 parents found that the main reason for parents choosing not to give their children nuts was because they believed they were too salty. In fact, a 20g bag of almonds contains 64% less salt than a portion of ready salted crisps of the same weight.

Almonds, hazelnuts and cashews, are a great source of protein. They also provide other nutrients to help muscle and bone development. In addition to this they aide energy release and build a healthy immune system.

Do note, though serious, nut allergies are not common affecting just 2% of children, with most allergic to peanuts specifically. If planning to give your child nuts to consume outside of home it is best to check if they will be around other children with nut allergies.

NUTRITION:

Some Tips to Make your Diet Healthier - 2

Think about your bread choice

Carbohydrates are often high on the list of foods people like to limit in their diets, and bread might be on the top of the anti-carb list. Yes, bread contains carbohydrates, but like all carbs, they can be part of a healthy diet (unless you have an actual allergy to wheat or gluten, in which case seek out safe options).



I love toast at breakfast, for sandwiches, as a side at dinner, or with some soup for a hearty snack. The options for bread are really endless, but you do want to choose whole-grain breads most of the time. A dietary Guide recommends that 45%-65% of your daily calories come from carbohydrates and that you make half your grains whole grains.

Whole Grains deliver fibre and beneficial vitamins and minerals. Plus, whole grains are less likely to cause blood sugar spikes (thanks to the fibre) and can keep you more satisfied, as fibre takes longer to digest. There are plenty of healthy breads to choose from—and all those choices can make picking a better bread feel overwhelming.

Think about your Sandwich filling.

A cheese sandwich is said to be the nation's favourite lunch. Cheese is fine every now and then, but as it's high in saturated fat, salt and calories, stick to a matchbox-sized portion. An easy swap is to opt for reduced-fat cheese, but bear in mind this may still be high in salt.

The best fillings will be full of nutrients, whilst keeping calories to a minimum. Vegetables like avocado, lettuce, tomato, are always a win. Maybe some oily fish like salmon or tuna, but keep mayonnaise to a minimum. Always check the packet if buying shop bought sandwiches as they give examples of calories and salt. Try and pick lean protein, such as chicken, turkey and fish.

Choose healthy pasta and rice

Most of us pick the same white rice and pasta when we go to the shops. But there are better options.

Pasta isn't just delicious; it can be part of a healthy diet. Eating suitable types of pasta in moderation can provide essential vitamins and minerals, protein, and carbs. When you choose healthy kinds of pasta, you can enjoy it as part of your regular diet. There are lots of different kinds of pasta to choose from. Some are healthier than others.



Whole wheat pasta, or whole grain pasta, is made from the entire grain of the wheat stalk, including the bran, endosperm, and germ. Wheat fibre, vitamins, and minerals are all in the noodles. Whole wheat pasta has lots of fibre that will make you feel full, and because it takes your body a long time to digest, it will prevent blood sugar spikes. Whole wheat pasta typically has about 8 grams of protein per cup, about as much protein as an egg.

NUTRITION:

Some Tips to Make your Diet Healthier - 3

Think about that hot drink when you are out

There are so many coffee shops about, and all are trying to outdo the other by offering special drinks - some with marshmallows, some with cream, others with syrups. They may taste divine, but the calorie content can be enormous.

Obviously the healthiest way to have a coffee is to have it black. Virtually no fats or calories. You may be in it for the caffeine, but coffee is full of antioxidants. One cup has 200-550 milligrams of antioxidants, including chlorogenic acid, a compound that helps your body process fat and sugar. Antioxidants lower inflammation, reduce your risk of chronic disease, and stabilize free radicals. Robusta and Arabica beans have similar amounts of antioxidants after being roasted. Light roast has more than dark.



The calories really are about the extras. Do you use full fat, semi skimmed, or skimmed milk. If you have a Latte. Do you add sugar? These are the things to think about. It's also about the number you have in a day. Three Lattes for example can really add up the calories.

The amount of caffeine in tea and coffee varies, depending on the strength, variety and brewing method, but coffee tends to contain more than tea. There's evidence the effects of caffeine in a cup of tea are enhanced by an amino acid it contains, called "L-theanine", if it is drunk regularly. The research finds "L-theanine may interact with caffeine to enhance performance in terms of attention switching and the ability to ignore distraction". So if you find tea has a more positive effect on keeping you alert, you might be right.

Have fruit, not fruit juices

Another market that has expanded hugely is the fruit juice one. They offer more and more extravagant flavours, whilst claiming them to be good for calming you down, or energising you, or relaxing you. However, are they quite as good as they say, and would plain fruit be better? Well, yes fruit is better.

Consuming too much sugar is linked to an increased risk of heart disease, stroke, type 2 diabetes, dental cavities and some types of cancer.

All fruit juice — whether it's apple, orange, grape or a fancy blend such as peach-mango-blueberry — is high in sugar. An eight-ounce serving of juice and cola both contain about 30 grams of sugar on average — that's almost eight teaspoons. Plus, most commercial juice eliminates wholesome fruit parts like skin and pulp — important sources of fibre and nutrients. It's better to eat whole fruit instead, to get more fibre and cut down on sugar.

Yes, fruit juice contains "natural" sugar — but that does not make it healthier than the sugar in cola. In fact, the World Health Organization classifies the sugar in juice with "free sugars," just like the sugar in soda.

Heart & Stroke recommends that people reduce intake of free sugars to less than 10% of total calories — and ideally less than 5%. For an adult consuming 2,000 calories daily, that's no more than 50 grams (or 12 teaspoons) of free sugars per day from all sources — including candy, baked goods, soda or juice. It's even less for kids — maybe eight or nine teaspoons.

Nutrition: HMHB looks at “Superfoods”

Today: Nuts

On this page, we will take a brief look at Superfoods.
What makes them so “super”?

The term “superfood” is a fairly new term referring to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. It should be noted that no standard criteria or legal definitions classify any food as a superfood at this time. However, most so-called superfoods are plant-based.

Nuts are packed with nutrients that support mental and physical health. Adding just a handful of nuts to your daily diet can benefit heart health, lower risk of depression, increase longevity and give the brain a boost, according to health research.

“You might think of nuts as unhealthy because of their fat content, but that’s not the whole picture,” the British Heart Foundation reports. “Nuts are a nutrient-rich food providing us with fibre, protein, vitamins, minerals and other micronutrients that could help reduce our risk of heart and circulatory diseases. Eating nuts and pulses as protein sources, rather than meat and dairy, has also been recommended as a way of eating that is more sustainable for our planet.”



A Study from “The New England Journal of Medicine” found that individuals who ate nuts every day were less likely to die from heart disease, cancer and respiratory disease. During the 30-year study of nearly 120,000 participants, those who ate nuts at least seven times per week had a 20% lower death rate during the study compared to those who never or rarely ate nuts.

“We found that people who ate nuts every day lived longer, healthier lives than people who didn’t eat nuts,” said study co-author Frank Hu, professor of nutrition and epidemiology at the Harvard School of Public Health.

Walnuts, for example, are a rich source of omega-3 fatty acids, specifically alpha-linolenic acid, and are beneficial for improving cardiovascular health. They reduce inflammation, improve cholesterol balance, reduce blood pressure, and reduce risk of metabolic syndrome and cardiovascular disease.

While cognitive decline is a normal part of the aging process, slower rates of cognitive decline are associated with a higher intake of antioxidants, which are vital for reducing oxidative stress. Nuts, particularly walnuts and pecans, have significant levels of antioxidants, even higher than blueberries, which are famous for their high antioxidant levels.

No single food can do it all, but it goes without saying that some foods are healthier than others. A leafy salad is healthier than a plate of chips; a salmon filet is healthier than a towering cheeseburger; a yogurt is healthier than a hot fudge sundae. Although Superfoods aren’t a recognized category of foods, the title is typically reserved for natural foods that are especially nutrient-dense while generally being low in calories.

LAZZA'S PAGE

Recommendations, News, Life!!!

I thought I would launch a new page in 2023. I just wanted to talk a little more about who I am and the people behind HMHB, and maybe talk about what gets me through life.

I don't know about you, but I do love a good nature programme, and the BBC do them very well. The latest one - Asia - on a Sunday evening, is narrated by the wonderful David Attenborough. It's a fascinating look into the largest continent on our planet, and the animals that live there. The photography is, as always, extraordinary, and it just demonstrates the miracle of life. Something which we all take for granted.



Well, it is December, so I had to mention Christmas. I recall as a kid coming down to open presents in the morning, under our small but well decorated tree. My mum would have all the Christmas Cards hanging up on the walls, and her Nativity Scene above the fire in our living room, next to the bowl of nuts! I have very fond memories of Christmas, and I am very happy spending Christmas Day on my own, watching films and making my dinner for one.

That's meant to be two running figures, to demonstrate that I have started running again. This follows two knee surgeries just over three years ago, where I had not been able to run for two and a half years previously due to pain. I had been very nervous after the surgeries and the weight had piled on, but going to the YMCA has inspired me back onto the treadmill. It's early days, but I am trying to build up. I know I won't be as good as I was, but it is something.



HMHB Need Help With Funding To Keep Going.

Looking for Sponsorship, Grants, - check out our JustGiving page - details below.

In 2023: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 120 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.: HMHB delivered 101 weekly health walks:

HMHB delivered 84 weekly exercise sessions: HMHB delivered 30 weekly Zumba sessions outdoors

HMHB organised, delivered, or took part in 58 social outings/events (many of which were FREE)

HMHB delivered 40 online zoom quizzes – unique delivery and fun.

HMHB made many home visits to our older more isolated users.

Islington Voluntary Community Sector turned us down for funding for a “poor quality” application form.

Please help us: www.justgiving.com/crowdfunding/hmhb2016



HMHB's Name Game Page:

Can you name these countries from their Silhouettes?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure Chicken/Mushroom Korma with Cashews

**Lazza has been trying out new recipes for over four years
His first from scratch: Chicken/Mushroom Korma with Cashews**

Cashews, native to tropical South America, were distributed around the world in the 1500s by Portuguese Explorers. Portuguese colonists in Brazil began exporting cashew nuts as early as the 1550s. The Portuguese took it to Goa between 1560 and 1565. From there, it spread throughout Southeast Asia and eventually Africa.



3 Chicken Breasts - chopped up
Plum Tomatoes (halved)
Button Mushrooms (halved)
Two Peppers (chopped)
300ml Chicken Stock
Coconut Oil: Coconut Milk (can)
Garlic. Onion Granules
Turmeric: Gara Masala: Cumin: Ginger
Salt and Pepper
Parsley: Crème Fraiche

I cooked up the chopped chicken in some Coconut Oil, and put to one side.

In the same pan I added the garlic and onion granules.

I poured in the chicken stock and added a teaspoon each of the Turmeric, Cumin, Ginger, Gara Masala.

Then add the coconut milk.

I then added the chopped peppers, halved mushrooms, and halved tomatoes.

Leave that to cook for five/seven minutes.

Add back in the chicken and cook for around 20-25 minutes.

If the liquid feels too loose and runny you can always add a little Cornflour to thicken. Make sure the chicken is cooked through.

I had some crème fraiche left so added a couple of tablespoon to make it creamy.

I served with a little bit of Parsley - obviously you can use Rice.



**I quite like experimenting with
spices now, and this came out
just right, to my surprise.**

**I did not add chilli as I prefer
not to, but you can if you want.
A very tasty Korma.**

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty dish to prepare.**

EXERCISE/FITNESS

“Not Going Out” is the new normal

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise.

It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods run health walks in Islington, Hackney, and Haringey, and have been since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better, We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

I do not know if it was the Covid pandemic, or the way the internet has developed, or the cost of living crisis, but we are definitely staying at home more than we did five years ago, and the trend is expected to continue.

Think about your own last couple of weeks. And then think back to five and ten years ago. What do you think? Are you getting out less? Does the television call you? Are you meeting friends as much as you did before?

Yes, there will be some of us who found the pandemic stifling, and I know I am bucking the trend as I get out far more than I did before Covid hit. Part of that is down to the financial compensation that has allowed me to do that, and my pension money, but I still like to be out of the flat. However, I do know people who have discovered the joy of multiple television companies and channels, as well as computer games and box sets.

The cost of living crisis did not help, coming around at just the wrong time. We have HMHB users who I know are struggling, but managing. It is one of the reasons we do so many free social events. I want to get people together, socialising, encouraging and motivating each other. A simple trip to a Gallery with a cup of coffee can make such a difference to someone's outlook.

The problem with the growth of sedentary lifestyles is that it is very easy and quick to get out of good habits, but so much slower to reignite yourself. Once you start telling yourself that you are too tired to go out, and maybe you should stay in and watch that television show, it is a pattern that is awkward to change.

We do three free health walks in local parks, and we have a terrific exercise session. We also organise a lot of social events, and all of that is to persuade people to be more active. Exercise is a big part of that. Regular physical activity can improve your muscle strength and boost your endurance. Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle the challenges around daily life.



EXERCISE/FITNESS:

Sedentary Lifestyles are damaging - W.H.O.

Physical inactivity can have serious implications for people's health, said the World Health Organization on the occasion of World Health Day in April 2022. Approximately 2 million deaths per year are attributed to physical inactivity, prompting the WHO to issue a warning that a sedentary lifestyle could very well be among the ten leading causes of death and disability in the world. World Health Day is celebrated annually on April 7 and used to inform the public about leading public health issues. By choosing physical activity as the theme for World Health Day, WHO was promoting healthy, active and tobacco-free lifestyles. The aim is to prevent the disease and disability caused by unhealthy and sedentary living.

Sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety. According to WHO, 60 to 85% of people in the world, from both developed and developing countries, lead sedentary lifestyles, making it one of the more serious yet insufficiently addressed public health problems of our time. It is estimated that nearly two-thirds of children are also insufficiently active, with serious implications for their future health.



Physical inactivity, alongside increasing tobacco use and poor diet and nutrition, is increasingly becoming part of today's lifestyle leading to the rapid rise of diseases such as cardiovascular diseases, diabetes, or obesity. Chronic diseases caused by these risk factors are now the leading causes of death in every part of world except sub-Saharan Africa, where infectious diseases such as AIDS are still the leading problem. These chronic diseases are, for the most part, entirely preventable. Countries and people could save precious lives and health care resources by investing in preventing these diseases, says the WHO.

"The habit of maintaining a healthy lifestyle, including regular exercise and a nutritious diet ideally begins in childhood and we hope that parents and schools everywhere will use this day to spread this message," said Dr Gro Harlem Brundtland, WHO's Director-General. "We should all be ready to move for health and to adopt healthy and active lifestyles. World Health Day is a call to action to individuals, families, communities governments and policy-makers to move for health," she added.

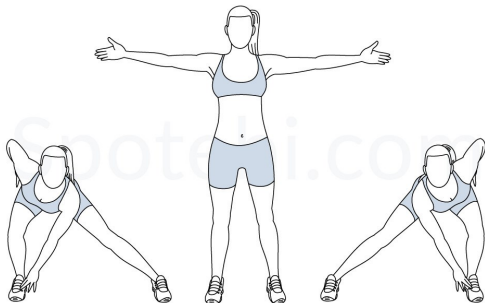
Among the preventive measures recommended by the WHO are moderate physical activity for up to 30 minutes every day, stopping all types of smoking, and healthy nutrition. Moderate physical activity is measured by:

- Getting out of breath, making it slightly more difficult to converse
- Raising your temperature, and therefore sweating a bit
- Heart beats faster

In addition to individual lifestyle changes, governments and policy makers are also recommended to "move for health" by creating a supportive environment for people. Among the measures recommended: implementing transportation policies that make it safer for people to walk and ride bicycles; legislating tobacco-free public buildings and spaces; building accessible parks, playgrounds and community centres; and promoting physical activity programmes in schools, communities and health services.

EXERCISE/FITNESS:

Movement Exercises (thx Spotebi for these below)

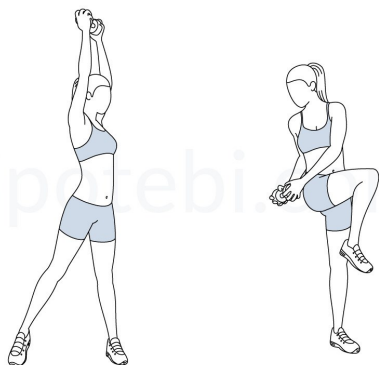


ALTERNATING SIDE LUNGE TOUCH

Stand tall with your feet hip-width apart. Step to the side with your right leg and touch the right foot with your left hand. Return to the starting position and repeat the movement with the left leg.

Maintain your balance and give back support by keeping your abs tight.

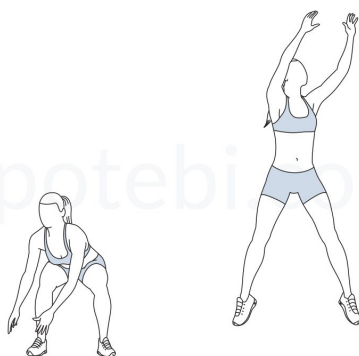
The alternating side lunge touch is a great exercise for your legs and glutes. The lateral movement targets your inner and outer thighs and the rotation of your torso targets the obliques. This is also a great warm up exercise because it moves your body in different directions and prepares you for more challenging exercises.



BALANCE CHOP

Stand straight with your feet wide and hold a dumbbell (or maybe a similar size object) with both hands. Rotate your torso to the left and raise the dumbbell above your head. Lift your right knee as you rotate your torso to the right, and bring the dumbbell diagonally across the body until it's close to your right hip. Repeat and then switch sides.

Tighten your core, keep your feet and knees pointing in the same direction, and breathe in as you raise the dumbbell above your head. Exhale as you lift your knee and bring the dumbbell close to your hip. The balance chop improves the flexibility of the spine and helps keep the core strong and stable. This exercise also improves your balance and posture and strengthens the upper and lower body.



BASKETBALL SHOTS

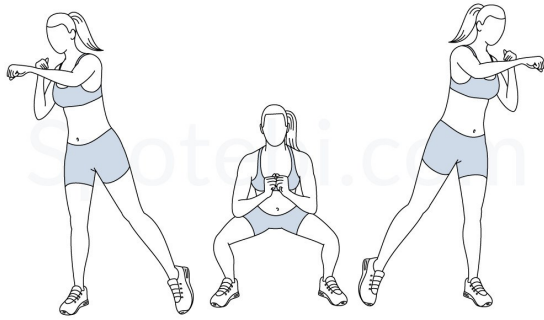
Stand with your feet shoulder-width apart and the toes pointing slightly outward. Do a squat, pretending to pick up a basketball from the floor. Jump up and extend your arms above your head and to the left, releasing the ball into the pretend net. Land with your knees slightly bent and go back into the squat position. Repeat and then switch sides.

The basketball shots is a high-impact, full body exercise that improves your aerobic fitness, builds strength, and increases your speed and coordination. This move targets your core, legs, glutes, and shoulders, boosts your metabolism, and improves your stamina and endurance.

**“Fitness is not about being better than someone else.
It’s about being better than you used to be.”**

EXERCISE/FITNESS:

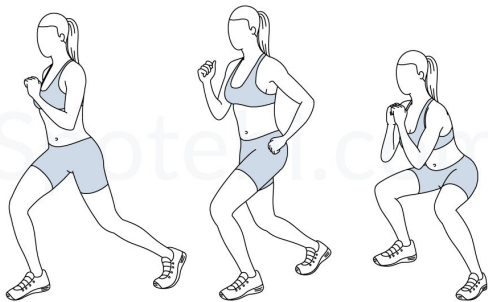
Movement Exercises (thx Spotebi for these below)



BOXER SQUAT PUNCH

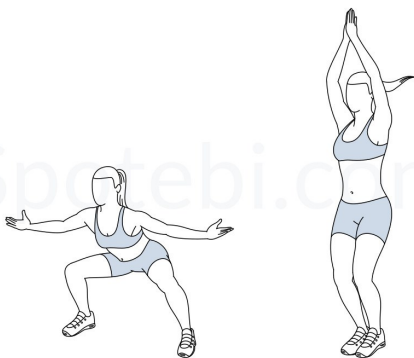
Start in a squat position, with your feet shoulder-width apart and your toes pointing forward. As you stand up, shift your weight to one leg and punch with the opposite arm. Squat and repeat the movement on the opposite side.

Keep your hips back, your chest up, and don't let your knees extend beyond your toes. Stand up, shift your weight to the right leg, rotate your torso to the right side and punch with your left arm. Inhale as you squat and repeat the movement on the left side. This is a full body exercise, perfect for warming up the body and increasing your heart rate. Add the boxer squat punch to your cardio or warm up routine and keep the movements quick and energetic.



FLUTTER KICK SQUATS

Stand with your feet shoulder-width apart and with one foot forward and the other foot behind you. Jump and switch leg positions. Jump again, landing with your feet a little wider than shoulder-width apart, and squat. Jump to return to the starting position and repeat the exercise. Keep your core tight and, as you jump, push from your back toes and land softly on your front heel. Doing flutter kick squats gives you a great cardio boost. This exercise not only strengthens the lower body but also burns a ton of calories in a short period of time. This is an intense, high-impact exercise so, if you're a beginner, you should start practicing proper form with normal squats. To prepare your body for more intense exercises and reduce the risk of injuries, you should always focus on improving your fitness level gradually.



IN AND OUT JACKS

Stand straight with your feet together and hands by your sides. Jump up, spread your feet, bend your knees pressing your hips back, and open your arms. Push through the heels to jump back up and bring both hands together above your head. Repeat until the set is complete. Breathe in as you spread your feet and land softly on the toes and balls of the feet. Keep your back straight, your hips back, and don't let the knees extend beyond the toes. Breathe out as you put the pressure on the heels of the feet to jump back up, and reach your hands above your head. The in and out jacks is a great cardio move that improves muscle endurance, boosts aerobic fitness, and increases the body's metabolic rate.

This exercise also engages the lower body and helps to tone and sculpt the glutes, hips, thighs, and legs.

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

Here are some fascinating facts for you to share.



The largest artificial beach in the world is the Seagaia Ocean Dome in Miyazaki, Japan.

The Ocean Dome, which was a part of the Sheraton Seagaia Resort, measures 300 meters in length and 100 meters in width, sported a fake flame-spitting volcano, artificial sand, artificial palm trees and the world's largest retractable roof, which provides a permanently blue sky even on a rainy day and can accommodate 10,000 tourists.

I would love to visit the Kakslauttanen Arctic Resort in Finland, which offers unique glass igloos (for two or four people) to sleep under the stars and view the Northern Lights in comfort and warmth. The two person igloos have a toilet and option of an extra bed - showers and sauna are elsewhere. The four person igloos have their own toilets and showers. They are available to be booked throughout the Northern Lights season from August to April!!!



Dalhalla is an open-air theatre located in a former Limestone quarry in Dalarna, Sweden. The arena's dimensions provide excellent resonance and a balanced length of reverberation, comparable to both ancient amphitheatres and concert halls worldwide. The unique environment captivates thousands of visitors annually, and world-renowned artists who have visited Dalhalla describe it as truly exceptional. It's described as one of the most impressive and beautiful outdoor arenas in Europe.

That is the largest bell in the world. The Tsar Bell, also known as the Tsarsky Kolokol, Tsar Kolokol III, or Royal Bell, is a 6.14-metre-tall, 6.6-metre-diameter bell on display on the grounds of the Moscow Kremlin. The bell was commissioned by Empress Anna Ivanovna, niece of Peter the Great. It has never been in working order, suspended, nor rung. It was cast in 1735 and damaged in a fire, which is why there is a piece missing from it. It is a major Kremlin monument.

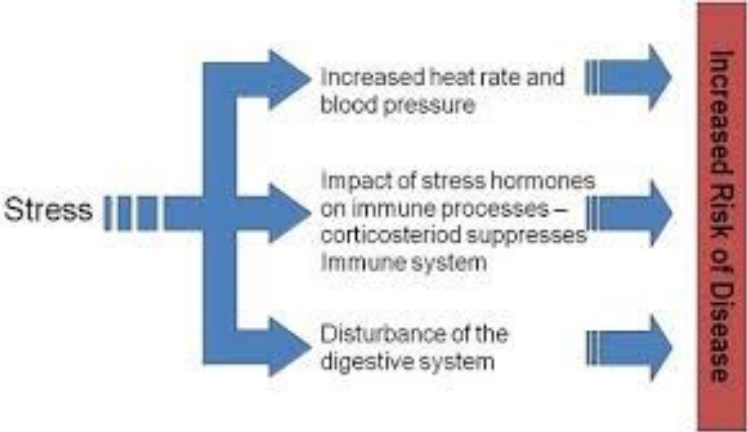


HEALTH / ROUTINE

How does Stress affect your Immune System?

Your body's stress response can trigger several physiological changes, which can affect immune function. Why you're stressed and how long you're stressed can impact how your immune system responds.

When you feel stressed, your body undergoes several changes to help you survive and overcome perceived threats and obstacles. These changes allocate resources to critical functions in your body, such as elevating your heart rate and breathing and slowing your digestion.



Your body also has an immune response during your “stress reaction”. The exact effects depend on your stressor and how long you're exposed. It can contribute to a variety of short and long-term health effects.

Your immune system is an intricate part of your stress reaction (also known as your “stress cascade”). In fact, your stress reaction primarily involves your nervous, endocrine, and immune systems.

When stress first occurs, your body initiates the acute stress phase, sometimes called the “alarm” phase. At this stage, specialized immune cells are transported through the bloodstream and into areas of the body most likely to encounter bacteria, viruses, and fungi, like the skin. This helps boost immunity so the body can respond to an immediate immune threat. When stress persists too long, becoming prolonged or chronic, your immune function declines.

Over time, your body has to find ways to counteract the persistent inflammatory processes caused by unrelenting stress. It starts releasing anti-inflammatory cytokines, which are intended to cancel the stress reaction once a perceived threat is no longer present. When the stressors don't go away, your body can become caught in a cycle of pro-inflammatory and anti-inflammatory processes, which can contribute to what's known as “sickness behaviour,” a group of symptoms including fatigue and cognitive impairment. Ultimately, prolonged stress exposure can weaken your overall immunity.

Common Symptoms of Stress include:

- rapid heartbeat:
- Sweating:
- elevated blood pressure:
- muscle aches and pains:
- nausea or vomiting:
- loss of appetite:
- fatigue:
- skin changes:
- depression:
- irritability:
- low concentration
- increased respiration:
- shortness of breath:
- chest pain:
- headaches:
- bowel changes:
- overeating:
- sleep disturbances:
- anxiety:
- mood shifts:
- burnout:

HEALTH / ROUTINE

Does Stress Management Help?

There are many different ways to manage stress in the moment and in the long term. It's OK to try different options until you find one (or more) that aligns with your lifestyle and preferences.

Progressive Muscle Relaxation (PMR)

One of the body's reactions to fear and anxiety is muscle tension. This can result in feeling "tense", or can lead to muscle aches and pains, as well as leaving some people feeling exhausted. Think about how you respond to anxiety. Do you "tense up" when you're feeling anxious? Muscle relaxation can be particularly helpful in cases where anxiety is especially associated to muscle tension.



In progressive muscle relaxation exercises, you tense up particular muscles and then relax them, and then you practise this technique consistently.

How does it work?

- Once you've set aside the time and place for relaxation, slow down your breathing and give yourself permission to relax.
- When you are ready to begin, tense the muscle group described. Make sure you can feel the tension, but not so much that you feel a great deal of pain. Keep the muscle tensed for approximately 5 seconds.
- Relax the muscles and keep it relaxed for approximately 10 seconds. It may be helpful to say something like "Relax" as you relax the muscle.
- When you have finished the relaxation procedure, remain seated for a few moments allowing yourself to become alert.

Only through practice can you become more aware of your muscles, how they respond with tension, and how you can relax them. Training your body to respond differently to stress is like any training – practising consistently is the key.

Do Exercise (I know we repeat this, but it's good for stress).

- It pumps up your endorphins. Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, any aerobic activity, such as a rousing game of tennis or a nature hike, can contribute to this same feeling.
- It reduces negative effects of stress. Exercise can provide stress relief for your body while imitating effects of stress, such as the flight or fight response, and helping your body and its systems practice working together through those effects. This can also lead to positive effects in your body, including your cardiovascular, digestive and immune systems, by helping protect your body from harmful effects of stress.
- It's meditation in motion. After a game of tennis, a long walk or run, or lengths in the pool, you may often find that you've forgotten the day's irritations and concentrated only on your body's movements.
- It improves your mood. Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life

HEALTH / ROUTINE

Are there Treatments for Stress?

According to the NHS, there are no specific treatments for stress. But there are treatments for some of the signs and symptoms of stress. These might help if you are finding it difficult to manage stress yourself.

Of course your first port of call must be your local medical practice. The staff are trained to help people with stress.

Your GP might be helpful to speak to if:

- You are experiencing a lot of stress.
- You have felt stressed for a long time.
- Your feelings of stress are affecting your physical or mental health.

If stress is causing you physical health problems, your GP may run some tests to see how they can help manage the symptoms.

They may suggest some options to help you manage your stress, such as well-being and relaxation tips, such as the ones we mentioned in the previous pages. They might be able to refer you to social prescribing, if it is available in your area.

Social prescribing is a form of community-based treatment that helps you deal with social issues affecting your health. For example, this might include support for loneliness, financial problems or opportunities to be more physically active. It can also help you find activities that improve your wellbeing, such as arts and gardening classes, or volunteering opportunities. Healthy Minds, Healthy Bods is very much a social prescribing community based project. We get a lot of referrals from the local NHS Trust.

There is no specific medication for stress. But there are medications that can help reduce or manage some of the signs and symptoms of Stress

For example, your doctor might offer to prescribe:

- Sleeping pills or minor tranquilisers if you're having trouble sleeping
- Antidepressants if you're experiencing depression or anxiety alongside stress
- Medication to treat any physical symptoms of stress, such as irritable bowel syndrome (IBS) or high blood pressure

You may find certain complementary and alternative therapies helpful in treating signs and symptoms of stress. This may include:

- Acupuncture
- Aromatherapy
- Some herbal remedies and cannabis-based medicines
- Hypnotherapy
- Massage
- Tai Chi
- Yoga and meditation



STRESS

HEALTH / ROUTINE

How does Counselling help with Stress?

Stress is not always bad. It's a normal human response and can be good at motivating us. But if we are feeling overwhelmed by this stress for a long period of time it can impact on our mental and physical health. A counsellor can help you understand why you feel stressed and find strategies that can help you learn how to cope with stress.

“Talking to a counsellor helps us go back to basics about how we are feeling when we're stressed, and why. It's about being listened to and being accepted for who we are,” says Hansa Pankhania, a Birmingham-based counsellor.

Our bodies release the stress hormone cortisol when we feel threatened, scared or under pressure. When the situation is resolved our hormone levels return to normal. This increase in cortisol can affect us physically, mentally, emotionally and behaviourally.

Symptoms can include raised blood pressure, headaches, tension and muscular pain, concentration difficulties, difficulty making decisions, moodiness, irritability and loss of confidence.

It's sometimes hard to pinpoint exactly what's causing your stress. A counsellor can help you explore what you are feeling and why, so that you can take steps to overcome your stress.

“The last thing you want to do is to keep your stress to yourself, instead share it and get it out,” says Hansa. If it's affecting your mental health, you can speak to your GP or a professional counsellor, who can give you a safe space to be honest about how you are feeling.”

There are also things you can incorporate into your daily life that can help you to reduce stress. Adds Hansa: “It starts with very small changes to turn things around for you. There are some very simple things that you can put into your busy routine which will help you to be less stressed.”

Exercise is one of them – whether that's going for a run, swim, playing sport or even getting off the bus a stop earlier and walking the rest of the way to work. This can reduce cortisol and release endorphins, which are hormones that lift our mood. We discussed this earlier.

Breathing exercises, meditation, mindfulness, yoga and tai chi can help you to relax and reduce stress as well. “Mindfulness gives you the tools to focus on being in the moment, not worrying about the past or the future. It relaxes and revives you, calms your body and mind and enables clearer thinking,” says Hansa.

A counsellor can help you to explore and understand what is causing your stress. You can then work together to find some specific solutions that will help you to combat it.

Your counsellor is someone you can offload to and be totally honest with. They will not judge you.

Hansa says: “The counselling relationship provides a place for you to be accepted, to not be judged and to verbalise what you are feeling and going through. It gives you someone to offload to in a safe environment.”



NUTRITION: Lazza's Kitchen Adventure

Cheese and Tomato Muffins

Lazza has been trying out new recipes for over four years
His first from scratch: Cheese and Tomato Muffins

During the Second World War and for nearly a decade thereafter, most of the milk in Britain was used to make a single kind of cheese nicknamed "government cheddar" as part of the war economy and rationing. As a result, almost all other cheese production in the country was wiped out. Before the First World War, more than 3,500 cheese producers were in Britain; fewer than 100 remained after the Second World War.



275g Self Raising Flour (wholemeal)
1 teaspoon Baking Powder
50g Butter (melted)
1 Egg (beaten)
250ml Milk
250g Grated Cheese (used Cheddar)
Basil
Salad Tomatoes
Squeeze of Tomato Paste/Puree
½ teaspoon Salt

Into a large bowl put the flour, salt, and baking powder and give it a good mix.

Melt the butter.

Into a jug add the beaten egg and the melted butter into the milk and give a short whisk.

Into the dry mix add the grated cheese, and a nice sprinkle of basil, and mix well.

Pour in the wet ingredients and stir together using a fork.

It makes a fairly solid mix but that is fine.

Squeeze in a little tomato puree and make ripple effect with the fork.

Cut the salad tomatoes into thin slices.

At the bottom of the muffin cases place a tomato slice.

Now add the mix into the case, before topping off with another slice.

Bake in the oven at around 180-200C for around 20 minutes.

Check cooked, and then remove to cool down completely.



I put in a lot of cheese as I really wanted to taste it. It means it melts in the cooking and sticks to the muffin cases a little, but who cares? It's the taste that matters, and the tomato top/bottom is great.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty bake to prepare.

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. Age UK Islington works with adults of all ages (16yrs+), running activities, events and support groups focused on health and well-being. They help people with day-to-day issues and difficulties - including money worries, managing at home, getting out and about, getting into training and employment and much more.

Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: 020 7281 6018: HMHB are doing some course events with Age UK, and look forward to more collaboration.

Better Lives is an integrated drug and alcohol service delivered by Camden and Islington NHS Foundation Trust in partnership with WDP and Humankind.

They offer a free and confidential support service for individuals and their families affected by drug and alcohol problem.

HMHB have ran some very successful Ajani courses with their users over the last few years. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, and Saturday morning session at the Sobell. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

The Haringey Wellbeing Network (HWN) is a mental health and wellbeing community support service for the London Borough of Haringey. The network is made up of three specialist mental health organisations and is the single point of entry for all community mental health support needs in Haringey.

HMHB has run several courses with them in the past, and we love helping their users. Call them on **0208 340 2474 (option 1)**.

Email: Haringeywellbeingnetwork@mih.org.uk



HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different types, so do check out their website and join in.

www.healthygenerations.org.uk

You can also contact Sam (Ops Manager) through their website. HMHB look forward to working with HG going forward.

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 2



Help on Your Doorstep

Help on Your Doorstep aims to improve the health and wellbeing of people in Islington, especially those who are vulnerable and isolated. Working with residents they seek to find solutions to the issues which make life difficult, strengthen communities to do more for themselves and enable people to improve their life chances.

Do contact them if you have an issue, and they can signpost you to the relevant people. connect@helponyourdoorstep.com

HMHB are so proud to be part of a world-wide network that focuses on the benefits of walking for your health.

We are partners with the US based Walk With A Doc, that now has chapters all around the world.

Started back in 2005, it reaches into all continents, and we are humbled to be in their London based events.

We keep in contact, send them our health packs, and are on their social media and beyond. www.walkwithadoc.org



SHP's vision is of a society where everyone has a place to call home and the chance to live a fulfilling life. They help single Londoners by preventing homelessness, providing support and accommodation, promoting well-being, enhancing opportunity, and being a voice for change.

HMHB have done several courses to terrific feedback with SHP, and look forward to working more in the future.

www.shp.org.uk 0204 509 8300

HMHB have had a working relationship with VAI for over ten years, and they have been extremely helpful as we developed and then started working with users.

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022.

If you need help - please contact Yvette, Marta, Maria:

www.vai.org.uk Main phone no: 020 7832 5801

**Voluntary
Action
Islington**

Answers to Fun Quiz from Page 18 - don't look till you have done all the quiz

- Round One: 1 Ken / Sud 2 Danger / Mafia 3 Baran / Parra
 Round Two: 1, 553: 2, 69: 3, 1014: 4, 108: 5, 449:
 Round Three: 1, 1910: 2, 1865: 3, 1985: 4, 1967. 5, 1976.
 Round Four: Palindromes: ABBA, KAYAK, LEVEL, RADAR (Mash), RACECAR
 Round Five: 1 Newcastle: 2 Congo: 3 Japan: 4 John Hurt
 Round Six: 1 Belarus: 2 Croatia: 3 Slovakia: 4 Lithuania: 5: Albania



Review for this month's Challenges and Targets

Mind-set:

An NHS report said that being focussed will help you to: improve your work performance, overcome stress and anxiety, deepen your relationships, live with more purpose, and experience more joy. But we live in a world of distractions. It is said that many people now watch television whilst also watching their mobile or table devices. They will miss parts of the program because of their need to know what is going on with their friends, or a game, or checking social media. Being able to concentrate and focus is a skill that we can all learn to use properly. What will you do?

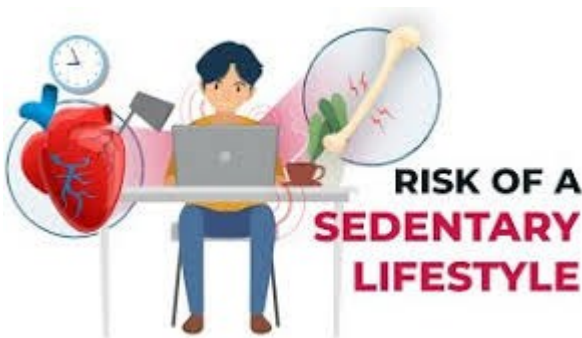


Nutrition.

We do not have to make huge changes all at once to feel the benefits of better nutrition. Just little adjustments and changes can add up over time. And they can be very simple. In this issue we have looked at some easy ways we can do things in a different way when it comes to what we buy at the shops or what we eat. You can also do the same. Why not review what you have this week and think about how you could tweak it to create a healthier diet. It's a little work with a huge payoff.



Exercise.



Ever since Covid and lockdowns, we have known there was an increasing risk around Sedentary lifestyle - this is one in which one is physically inactive and does little or no physical movement and/or exercise. And after doing a huge number of these health packs, we should all know that is a bad thing. But the answer is all down to you. Will you decide to get up and out more, get outdoors, do some exercise? Or will you choose the comfy sofa, with the box set on television, the unhealthy diet, and the slow sink into oblivion (dramatic!!)? It's your choice. Choose wisely.

Health.

Inevitably, as we get older we will come across more and more stressful situations. On its own, stress is not a bad thing. But we can allow it to overwhelm us and cause us health issues. Remember, you are the one in control - not the stress. You can choose to deal with it in a responsible manner, or panic. In this issue we looked a little bit around the subject, but you know your body and your mind. If you need some help go and get it. That's what our wonderful medical friends are for.



**Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.**

Quiz Answers from Page 6 + Countries from Page 24

See if you can beat your family and friends

Places: The US State Capital from the letters, plus the State it is in.

1. Montgomery Alabama
2. Little Rock Arkansas
3. Sacramento California
4. Honolulu Hawaii
5. Nashville Tennessee
6. Columbus Ohio
7. Albany New York
8. Santa Fe New Mexico
9. Salt Lake City Utah
10. Richmond Virginia
11. Tallahassee Florida
12. Olympia Washington
13. Providence Rhode Island

Literature: In which book were these characters first introduced, and what year was the book published?

1. 1949: Nineteen Eighty-Four
2. 1838: Oliver Twist
3. 1964: Charlie And The Chocolate Factory
4. 1954: Lord Of The Flies
5. 1953: Casino Royale
6. 1974: Jaws
7. 1861: Great Expectations
8. 1895: The Time Machine
9. 1862: Les Misérables
10. 1813: Pride and Prejudice
11. 2003: Harry Potter & the Order of the Phoenix
12. 1990: Jurassic Park
13. 1930: The Murder At The Vicarage
14. 1969: The Godfather
15. 1900: The Wonderful Wizard Of Oz
16. 1961: Call For The Dead
17. 1981: Red Dragon

Pop: The original singers of those songs with a girl's name in the title, plus year single released.

1. 1965: Mack Rice
2. 1973: Dolly Parton
3. 1983: Michael Jackson
4. 1969: Neil Diamond
5. 1967: The Beatles
6. 1969: Creedence Clearwater Revival
7. 1978: The Police
8. 1957: Buddy Holly
9. 1982: Dexy's Midnight Runners
10. 1971: Rod Stewart
11. 1981: Kim Carnes
12. 1957: The Everly Brothers
13. 1988: Michael Jackson
14. 1982: Steve Winwood

Places:

The top 20 Italian cities by population size.

Rome, Milan, Naples, Turin
Palermo, Genoa, Bologna, Florence
Bari, Catania, Verona, Venice
Messina, Padua, Prato, Trieste
Brescia, Parma, Taranto, Modena

QUIZ ANSWERS
QUESTIONS

Countries: Did you name them? -
from Page 24 (how well did you do? Tough wasn't it?)

- 1: Brazil
- 2: Germany
- 3: Russia
- 4: Spain
- 5: Norway
- 6: New Zealand
- 7: Canada
- 8: India
- 9: China
- 10: U. S. A
- 11: France
- 12: United Kingdom
- 13: Japan
- 14: Egypt
- 15: Australia

World:

The 27 EU Countries are:

Austria, Belgium, Bulgaria, Croatia
Cyprus, Czechia, Denmark, Estonia
Finland, France, Germany, Greece
Hungary, Ireland, Italy
Latvia, Lithuania, Luxembourg
Malta, Netherlands, Poland
Portugal, Romania, Slovakia
Slovenia, Spain Sweden

THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

You can contact HMHB:

HMHB would prefer you email us: hmhb2016@outlook.com

Please follow and like us on Facebook if you are on it:

www.facebook.co.uk/healthymindshealthybods

Check out our GoFundMe: www.gofundme/hmhb2016 (*being updated*)

Check out our JustGiving: www.justgiving.com/crowdfunding/hmhb2016

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie_pt](https://twitter.com/zombie_pt)

Please follow us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

Please follow and like our blogs:

www.hmhbmainblog.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: www.hmhb2016.org.uk you can contact us through the site.

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

All copies of our Mental Health Packs can be downloaded from our website.

HMHB: Official Nominee Team Islington Volunteer of the Year Awards 2021

Lawrence & HMHB: WINNER Mayor Civic Award in 2022

Lawrence: WINNER at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: WINNER Islington Volunteer of the Year 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website